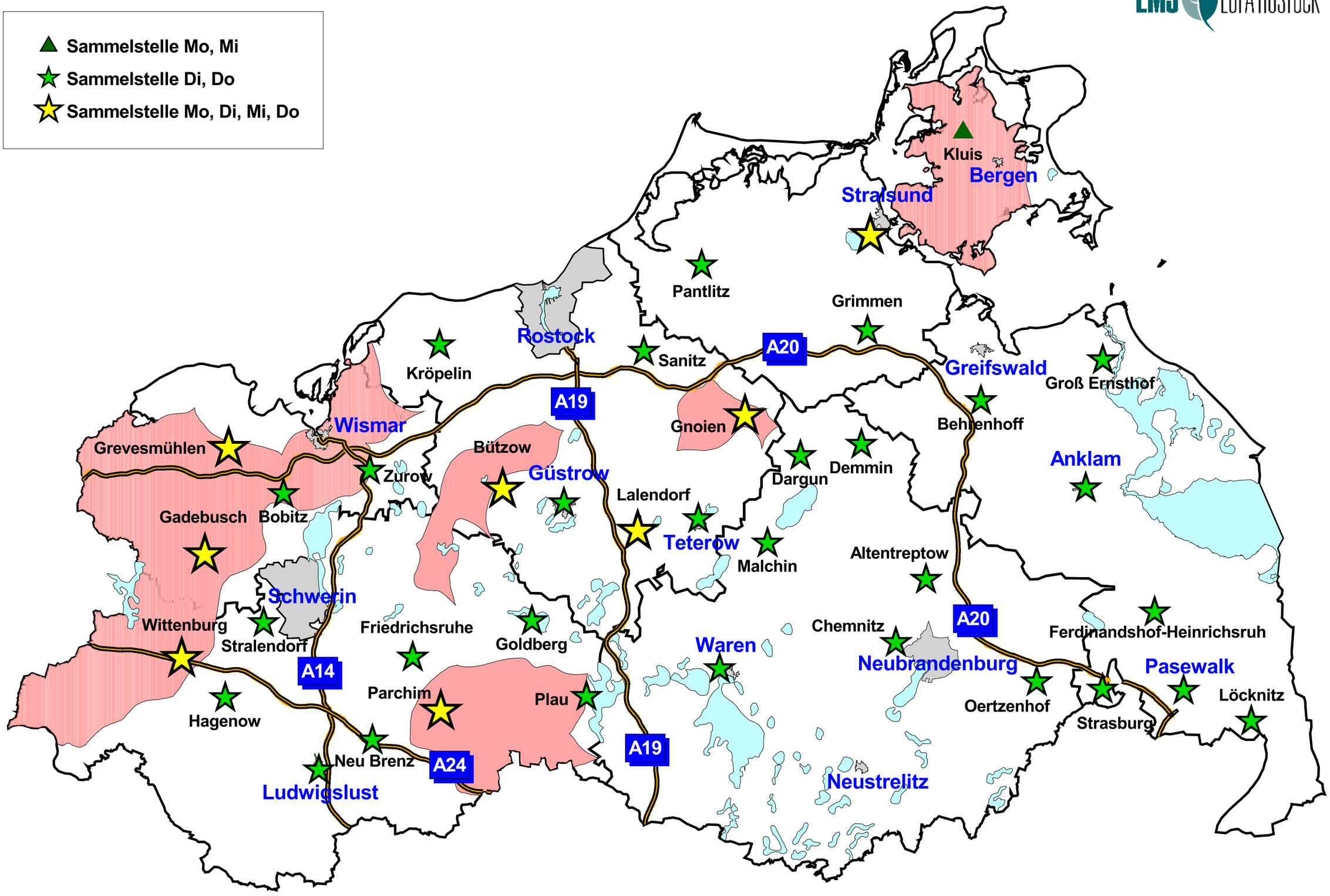LUFA-Kurierdienst